

Need answers?

**MAKE  
THE CALL.**



Whether it is guidance on medical treatment, or assistance with a health question, you can always call the **health information line** and get live support 24 hours a day, 7 days a week.

**GO YOU**<sup>SM</sup>



**Offered by: Connecticut General Life Insurance Company  
or Cigna Health and Life Insurance Company.**

832591 a 07/12

Dial the toll-free number on your Cigna ID card or dial

You'll be connected directly to a specialist trained as a nurse who is ready to help answer your health questions.

## And there's more:

You can also listen to hundreds of our latest podcasts in English and Spanish to help you stay informed about your health.

### To listen:

- Select a topic and download podcasts to your mobile device or listen via live-stream on your computer; or
- Choose to listen over the phone. Call the health information line, follow the voice prompts, enter a code for the audio library catalog, and you'll be listening in seconds.

Visit  
for more information.



"Cigna" is a registered service mark, and the "Tree of Life" logo and "GO YOU" are service marks, of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company (CGLIC), Cigna Health and Life Insurance Company (CHLIC), Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation and Cigna Dental Health, Inc. In Arizona, HMO plans are offered by Cigna HealthCare of Arizona, Inc. In California, HMO and Network plans are offered by Cigna HealthCare of California, Inc. In Connecticut, HMO plans are offered by Cigna HealthCare of Connecticut, Inc. In North Carolina, HMO plans are offered by Cigna HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by CGLIC or CHLIC. All models are used for illustrative purposes only.

832591 a 07/12 © 2012 Cigna. Some content provided under license.